

Douglas County

Parks & Recreation Department



www.dcprrsports.com
www.douglascountynv.gov

Activity Guide
SUMMER 2012

Carson Valley & Lake Tahoe

cough - cold - aches - pains
CONVENIENT
sniffling - sneezing - sore throat
SAME-DAY
headache - injury - flu - fever nausea
APPOINTMENTS
allergies - vomiting - sprains - strains
pink eye - cuts - bruises - strep throat

We know you weren't planning on getting sick. At Minden Family Medicine & Complete Care, we can schedule a **same-day appointment** for your medical care.

There's no reason to wait for great care. If you need a same-day appointment, or want to schedule an appointment for routine medical care, please call our office at (775) 782-1603.



For quality care close to home, visit any Carson Valley Medical Center clinics:

JOB'S PEAK INTERNAL MEDICINE & FAMILY PRACTICE
Convenient scheduling to fit your needs
1520 Virginia Ranch Road Gardnerville, NV 89410
(775) 782-1550

CVMC SENIOR CARE
Specializing in care for patients over 65
Convenient scheduling to fit your needs
1516 Virginia Ranch Road Gardnerville, NV 89410

TOPAZ RANCH MEDICAL CLINIC
Same-day appointments and walk-ins welcome
3919 Carter Drive Wellington, NV 89444
(775) 783-3096

www.cvmchospital.org



WELCOME

Director's Note

Scott Morgan

Community Services / Parks & Recreation Director

New Website Unveiled

The Douglas County Parks & Recreation Department along with Douglas County has unveiled a new website that will be more interactive for our customers and users. The county website has new features such as a search tool, news updates, calendars and notification capabilities. The new website specific to Parks & Recreation will have a variety of new features to allow for a greater dissemination of information.

Residents and visitors will be able to find out additional information about Recreation programs and Park facilities and over the next year include interactive information such as facility reservation calendars, online request forms and program online registration. The Parks & Recreation Department has many services and facilities to offer and the new website will make them more accessible to our residents and visitors interested in Parks & Recreation programs and services. Please visit the new website at www.douglascountynv.gov.

WHAT'S INSIDE



VALLEY

Pre Kinder	2 - 3
Youth	3 - 4
Teens	4 - 5
Adults	5 - 6
Youth Sports	7
Teen Sports	7 & 9
Adult Sports	8 - 9
Active Adults	10 - 13
Special Events	14
Community Services	15

LAKE

Kahle Community Center	16
Preschool	17
Pre Kinder/Youth	17
Youth/Teen	18
Adults	19
Adult Fitness	19 - 20
Active Adults	21
Adult Sports	21
Youth Sports	22
General Information	23
How to Register	24

Mission Statement

To continue to create and preserve quality parks and recreation opportunities, serving people of all ages and interests, that positively affect the community and enrich life.

Parks & Recreation Commission Meetings

Meetings are held the first Tuesday of every month. Locations vary; call the Recreation Department at 782-9828 for meeting location.

Staff Members

Parks & Recreation Director Scott Morgan **Recreation Division** Brian Fitzgerald • Vicki Schussel
Sheryl Christian • Traci Dill • Steve Rosenbloom • Patti Gurule • Elizabeth Baumgartner • Anthony Davis
Parks Division Craig Burnside • Peter Knight • Don Swan • Steve Fehsal • Jerry Harrison • James Howard

Special Thanks

The Parks & Recreation Department gratefully acknowledges the continuing support of the following:
County Commissioners Greg Lynn • Doug Johnson • Michael Olson • Lee Bonner • Nancy McDermid
Parks & Recreation Commission David Craig • Debra Lang • Kelly Gardner • Celeste Pierini • Elaine Flynn
Britta Swanson • Thomas Moore **Douglas County School District**

Compiled by G. Pedro Kinner **Layout & Design** Teresa Haas Mitchell, Sierra Nevada Media Group
Advertising Opportunities please call The Record-Courier at (775) 782-5121

PRE-KINDER

Preschool Starts September 4th
Open House - August 28th • 4:00 - 8:00pm

Discovery Center Preschool

A Place of

Wonder – Discovery – Experience

Ages • 3 - 5

Director • Cindy Webb

The Discovery Center is a program which focuses on the developmental needs of all children, and structures its environment with respect to each child's particular learning style. The environment, inside and outside, is rich in the materials young children require in order to grow physically, intellectually and emotionally. Every day your child will have the opportunity to explore and discover all of the education disciplines through play in a structured environment. The staff has been trained to provide children with a positive, non-pressured, non-judgmental school atmosphere and is particularly fluent in Art, Science, Language, Play, Environments, Brain and Child Development. To reserve a space for your child, register at the Recreation Office located at 1327 Waterloo Lane or call for a free brochure and application. Students must be at least 3 years old and potty trained.

Schedule

AM Session • 8:30am - 12pm • Mon - Fri

PM Session • 12:30 - 4pm • Tues & Thurs Only
(Families who need both AM & PM sessions need to bring a lunch with their child)

Fees and Tuition

\$35 registration fee

Part time rates

2 sessions a week - \$140 Monthly

3 sessions a week - \$190 Monthly

5 sessions a week - \$300 Monthly *(a \$30 savings)*

Discovery Center Open House

Tuesday, August 28th

4 – 8pm

Bring your preschooler and come explore the center with hands-on activities and refreshments. Take a look at our curriculum and meet the staff. Program begins September 4th. Reserve your child's space for preschool.

Discovery Center Two's-day Tot Time

Ages • 2 - 3

Director • Cindy Webb

Miss Cindy will guide you and your 2-3 year old through play and exploration with story, music, art and more in an environment for tots.

Time • 10am - 12pm

(T) 6/12 - 6/26 \$30

(T) 7/3 - 7/31 \$50

(T) 8/7 - 8/28 \$40

Drop in participants are welcome. The fee is \$10 per class. \$2 for additional children in the family.

Information

The Discovery Center is located in the Recreation Annex at 1323 Waterloo Lane in Gardnerville, across from Lampe Park. For more information call:

Director, Cindy Webb 790-1235

Discovery Center 783-6454

Recreation Department 782-9828

Library Hours

Mon, Tues, Wed • 10am - 7pm

Thurs & Fri • 10am - 6pm, Sat • 10am - 5pm

Closed on Sundays and Holidays

For more information call 775-782-9841

Story Time

Ages • 3 - 8

Location • DCL

(T) 10:30 - 11:30am

VALLEY CLASS LOCATION CODES

CCMES C.C. Meneley Elementary School
CVGC Carson Valley Golf Course
CVMS..... Carson Valley Middle School
DCDiscovery Center
DCFG..... Douglas County Fairgrounds
DCL..... Douglas County Library
DCSR..... Douglas County Shooting Range
DWSDance Workshop
EXTNevada Co-op Extension
GES.....Gardnerville Elementary School
JVES Jacks Valley Elementary School

LP..... Lampe Park
MES Minden Elementary School
PHES..... Piñon Hills Elementary School
RA.....Recreation Annex
RD.....Recreation Department
SC.....Senior Center
SES Scarselli Elementary School
SPStodick Park
TBA.....To Be Announced
WCMA..... West Coast Martial Arts

PRESCHOOL YOUTH

Little Princess Camp

Ages • 2 - 4 **Instructors • DWS Staff**
Come spend the week in a magical adventure dancing and singing to some of your favorite princess songs. Let your child's imagination run free while learning ballet and tap. So grab your tiara and favorite princess dress and come dance with us. Bring ballet shoes, princess dress or dance outfit.

Time • 10 - 11am **Location • DWS**
(T, W, Th) 7/24 - 7/26 \$45 1037.201

Time • 5:30 - 6:30pm **Location • DWS**
(Th) 7/12 - 7/26 \$45 1037.202

Barbie Ballet

Ages • 4 - 6 **Instructors • DWS Staff**
Barbie has introduced many young dancers to the wonderful world of Ballet. We will use music from famous ballets to teach terminology as we dance along with Barbie. Let your child fall in love with this beautiful dance form while making new friends. Class includes crafts. Bring Ballet shoes, wear comfortable and bring a Barbie.

Time • 9 - 11am **Location • DWS**
(T, W, Th) 7/10 - 7/12 \$75 1037.203

Time • 5:30 - 6:30pm **Location • DWS**
(M) 7/9 - 7/23 \$45 1037.204

Under the Sea Dance Adventure

Ages • 4 - 6 **Instructors • DWS Staff**
Come dance along with Ariel, Sebastian and Flounder. Learn some new ballet and tap steps and practice to the rollicking music of the Little Mermaid. Camp includes sea related crafts. Wear ballet and tap shoes or hard soled shoes.

Time • 9 - 11am **Location • DWS**
(T, W, Th) 7/17 - 7/19 \$75 1037.205

Time • 5:30 - 6:30pm **Location • DWS**
(W) 7/11 - 7/25 \$45 1037.206

"Lil Ninjas" Karate and Acrobatics

Ages • 4 - 9 **Instructors • West Coast Staff**
This is a fun, dynamic program combining martial arts and gymnastics. Children learn skills in a disciplined but fun environment. A one time insurance of \$30, Uniform, belt, and boxing gloves \$69 may be purchased at the class. Introductory cost is \$49 a month.

Times • (W) 4:45 - 5:45pm
(Th) 3:45 - 4:45pm **Location • WCMA**
\$49/mo 1141.201-204

Beach Blast Dance Party

Ages • 6 - 12 **Instructor • DWS Staff**
Let the characters from Lilo and Stitch, and music from the beach boys help inspire your child's dance adventure. This camp will focus on the high-energy dance forms of Jazz and Tap. Your child will feel like he or she has spent a day at the beach learning to dance, playing games and doing arts and crafts. Students will need jazz shoes, ballet shoes or clean sneakers, comfortable clothing, tap or hard soled shoes.

Time • 9am - 12pm **Location • DWS**
(T, W, Th) 7/24 - 7/26 \$95 1038.201

Time • 5:30 - 7pm **Location • DWS**
(M) 7/9 - 7/23 \$75 1038.202

A Passion for Pots

Ages • 7 - 17 **Instructor • Mary Ann Crosby**
With flower pots as a canvas, students can experiment and create to the limits of their imaginations. Students will glaze decorate terra cotta flower pots while enjoying art history.

Time • 4 - 6pm **Location • RA**
(T) 6/12, 6/19* \$25 1194.201

*Class meets from 4 - 5pm on 6/19.

Basic Clay Animal Sculpture

Ages • 7 - 17 **Instructor • Mary Ann Crosby**
Students will enjoy getting their hands dirty while using slab clay to create a 3-dimensional animal sculpture. The lesson focuses on ceramic techniques, design elements, as well as self-expression.

Time • 1 - 4pm **Location • RA**
(Th) 6/21 - 6/28* \$30 1194.202

*Class meets from 1 - 2pm on 6/28.

Mosaic Face Mobile

Ages • 7 - 17 **Instructor • Mary Ann Crosby**
Students will enjoy getting their hands dirty while using slab clay to create a one-of-a-kind ceramic face mobile. Students will pick up their masterpiece at the second class while enjoying refreshments.

Time • 4 - 6pm **Location • RA**
(T) 7/10 - 7/17* \$30 1194.203

*Class meets from 4 - 5pm on 7/17.

Sun Sculpture

Ages • 7 - 17 **Instructor • Mary Ann Crosby**
Students will create their own sun sculptures similar to the stone sculpture the Aztecs carved. This lesson will help students understand the visual arts in relation to history and culture.

Time • 1 - 4pm **Location • RA**
(Th) 7/19 - 7/26* \$30 1194.204

*Class meets from 1 - 3pm on 7/26.

Adventure Camp Days

Grades • K - 6

Camp will include arts & crafts, games, creative centers, snacks and much more! Look for a flier to be sent home before each date. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time • 7am - 6pm **Location • TBA**
(W) 5/2 \$22
(W) 5/16 \$22

Kids Club

Grades • K - 6

Kids Club is a before and after school recreational enrichment program that is held at all elementary schools. Recreational activities include arts & crafts, games, homework assistance and special events all based on a weekly theme. Daily snacks are provided. Kids Club is offered Monday through Friday, 7am until 8:45am and 3 - 6pm at every elementary school while school is in session, holidays excluded. The fee is paid by the month for the morning program, the after school program or both. The fee is based on \$2.50 per day for the morning program and \$5.00 per day for the afternoon program. Enrollment is based on a first come, first served basis and we will be unable to accept any new enrollments at sites that are currently full. We encourage you to make your payment as early as possible to avoid your child not being able to participate in Kids Club. For more information call 782-9828.



Summer Adventure Camp

Grades • 1 - 6

(ages 5 - 12) Age 5 must have already attended a year of Kindergarten.

Campers will enjoy a variety of activities each day all in a safe and secure environment. Activities will include field trips, arts & crafts, games, creative centers, and much more! Calendars are available at the Recreation Office. Spaces are limited and pre-registration is required. Pre-register at the Recreation Department.

Time • 7am - 6pm
Locations • SES/JVES/CCMES/PHES
(M - F) 6/4 - 8/17* \$22/day**

*No Camp 7/4

**Some trips may cost more due to trip destination, check weekly schedule for trip & cost

YOUTH/TEEN

Flips and Trix Tumbling

Ages • 6 - 17 **Instructors** • West Coast Staff
This fast paced tumbling and acrobatics class is open to beginner to intermediate. Class is focused on proper form, floor skills, trampoline, flips, tricks, strength, coordination and fun! A one-time insurance fee and team shirt \$49 may be purchased at the class.

Times • (T) 4:30 - 5:15pm
(Th) 5:30 - 6:15pm **Location** • WCMA
\$49/month 1191.201-204

Intensive Dance Camp

Ages • 8 and up **Instructors** • DWS Staff
This camp is designed for the serious dancer who is ready for a more fast-paced and challenging program. Camp will include jazz techniques, leaps and turns, lyrical contemporary, ballet, choreography and more. Class will be split into 2 - 3 levels, based on age and experience. Dancers must have a minimum of 2 years jazz and ballet experience.

Time • 10am - 4pm **Location** • DWS
(M - F) 7/30 - 8/3 \$220 1038.203



Mini Intensive Dance Camp

Ages • 8 and up **Instructors** • DWS Staff
This camp offers training, knowledge and experiences in dance. Class will be split into 2 - 3 levels, based on age and experience. Dancers must have a minimum of 2 years jazz and ballet experience.

Time • 1 - 4pm **Location** • DWS
(T, W, Th) 7/17 - 7/19 \$95 1038.204
Time • 9am - 12pm **Location** • DWS
(M - F) 7/30 - 8/3 \$135 1038.205

Clay Sunny Funny Face

Ages • 7 and up **Instructor** • Lorraine Felix
Students will create a great Sun Face made out of clay. We will roll, coil, pinch and form clay to design the perfect creation. The second class the Sun Face will be ready for artists to glaze. Project will be ready to pick up at the Recreation Department on Thursday, June 28 between 10am & 4pm.

Time • 1 - 2:30pm **Location** • RA
(W) 6/13, 6/20* \$34 1075.201

*Class meets from 1-2pm on 6/20

Time • 10am - 4pm **Location** • RA
(Th) 6/28 Project Pick-up

Dance Video Camp

Ages • 8 & up **Instructors** • DWS Staff
Have you always wanted to dance in one of those videos you see on TV, well here is your chance. Come be a part of the DWS Summer 2012 Dance Video Explosion! Bring jazz shoes or clean tennis shoes, comfortable clothes, no jeans.

Michael Jackson Experience

In just one week, dancers will learn to move like Michael Jackson, help with the choreography, create the scenes, work on locations, put the costumes together, learn how to apply make up and perform in the Video Extravaganza. The finished product will be posted on Youtube to amaze your friends and each participant will have a DVD to take home.

Time • 9am - 12pm **Location** • DWS
(M - F) 7/9 - 7/13 \$145 1038.206

Tribute to Selena Gomez

Dancers will learn the moves, create the scenes, work on locations, put the costumes together, and perform in the Video Extravaganza. The finished product will be posted on Youtube to amaze your friends and each participant will have a DVD to take home.

Time • 1 - 4pm **Location** • DWS
(M - F) 7/16 - 7/20 \$145 1038.207

Air Tumble Trax for Flips and Trix

Ages • 8 - 17 **Instructors** • West Coast Staff
Kids will love this awesome gymnastics tumbling class deigned using a giant Air filled Tumble Trax. Beginner thru intermediate tumbles welcome, class includes proper form, skills, flips, tricks, strength, and coordination. Introductory cost is \$49 a month.

Time • (F) 5:30 - 6:15pm **Location** • WCMA
\$49/month 1191.205-208



Dog Obedience

Ages • 8 and up **Instructor** • Guy Yeaman
Have you and your canine companion been getting along lately? If you need help in establishing good conduct and curbing bad habits, this course is for you. Guy uses a light handed approach to help you teach your dog to obey the commands: heel, sit, stand, stay and recall. Each dog needs a choke chain, a fabric or leather lead. Dogs must be at least 4 months old.* Bring a copy of shot records the first day of class.

Time • 7 - 8pm **Location** • CVMS
(W) 5/2 - 6/6 \$80 1422.201
(W) 6/13 - 7/25* \$80 1422.203
(W) 8/1 - 9/5 \$80 1422.205

*No class 7/4

VOLUNTEERS WANTED

The volunteer program is designed to encourage community members to volunteer by assisting staff as team members. Volunteers can supplement present services; encourage civic pride and community involvement.

Through volunteer experiences you can join us in our mission to:

- * Provide Recreational Experiences
- * Strengthen Community Image
- * Strengthen Safety and Security
- * Promote Health and Wellness
- * Create Community
- * Foster Human Development
- * Increase Cultural Unity
- * Protect Environmental Resources

Benefits to our Volunteers:

- * Gain valuable work experience
- * Learn new skills
- * Explore career possibilities
- * Receive personal satisfaction
- * Improve communication skills
- * Participant in community issues
- * Be a role model to youth
- * Share of your talents
- * Secure job references
- * Make new friends
- * Make a positive difference
- * Demonstrate leadership
- * Receive personal pride and fulfillment

Become a Volunteer Today!

TEEN/ADULTS

Teen Dance

Dance Time 6:30 to 9pm

Grades • 6 - 8

Dances will include D.J. music, food and fun! Dances will be held at the Douglas County Fairgrounds. Students must arrange their own transportation ahead of time and need to be picked up promptly at 9pm. All students must show their Student I.D. Card or a copy of their most recent report card. All school rules will apply, including dress code.

Time • 6:30 - 9pm **Location • DCFG**
(F) 5/18 \$10* 1605.201

**includes a slice of pizza and a drink*



Historical Fencing

Ages • 13 and up **Instructor • Steven Klekar**
Fencing provides a unique mix of physical, intellectual and emotional stimulation as well as staying fit and meeting new people. Class will primary focus on the Italian rapier style of swordsmanship. Students need to bring leather gloves that cover the wrist and wear black sweat pants, long sleeve t-shirt and athletic shoes. All equipment will be provided.

Time • 7 - 9pm **Location • JVES**
(W) 5/2 - 5/30 \$5 1638.201
(Learn to fence)

Time • 6:30 - 8pm **Location • LP**
(W) 6/6 - 6/20 \$15 1638.202
(W) 7/11 - 7/25 \$15 1638.203
(W) 8/8 - 8/22 \$15 1638.204



Ditch the Diet

Get body confidence now

Ages • 13 - adults **Instructor • Catherine Fuller, MSN, RN**

This fun and informative class is designed to teach teens and adults about the benefits of blood sugar stabilization and its role in achieving life long weight management and optimal health. Practical tips and topics will be covered including: why dieting doesn't work, exercise, stress management, sleep, meal plans and more!

Time • 7 - 9pm **Location • RA**
(F) 6/22 \$20 1732.201
(F) 7/13 \$20 1732.202
(F) 8/10 \$20 1732.203

Paleo Boot Camp

Ages • 18 and up **Instructor • Rob Resnik**
Come join a fun, high intensity, core, fat burning workout in the park. Learn to use kettle bells, medicine balls and many more types of functional fitness equipment. Bring a yoga mat, towel and a water bottle.

Time • 6 - 7:15am **Location • LP**
(M, T, Th, F) 6/4 - 7/12 \$200 1763.201

Jogging/Running

Ages • 18 and up **Instructor • Terry Adams**
This class is sure to add enthusiasm to your training routine. All levels of jogging/running are welcome. Whether you're a beginner or expert this class has something for you. Class will cover important topics such as nutrition, injury prevention and strength training, while doing a fun workout. Terry is a former LTCC Head cross country coach and 2 time Olympic trials qualifier.

Time • 5:30 - 6:30pm **Location • LP**
(M) 4/30 - 5/21 \$30 1739.201

How to Start a Worm Bin

Ages • 18 and up **Instructor • Patti Dombey**
If it sounds too good to be true, it must involve Vermiculture! (the culture of worms). If you are really serious about growing wonderfully tasting vegetables and gorgeous flowering plants in a chemical free environment, you must come learn to start a composting worm bin. Learn about the magic worms work while they erase your family's carbon footprint, save irreplaceable space in our landfills, and naturally improve the health of your soil, plants, grass and trees. This is an excellent class for Home Schooling parents.

Time • 6 - 8:30pm **Location • RA**
(T) 5/15 \$25 1794.201
(T) 6/19 \$25 1794.202
(T) 7/24 \$25 1794.203
(T) 8/21 \$25 1794.204

Metabolic Conditioning

Ages • 13 and up **Instructor • Thomas B. Walker, Ph.D., CSCS**

This is a fun and intense circuit-training class that will leave you exhausted but smiling! We will do short but hard sessions of tire flips, battling ropes, wood chops, balance exercises and much more. The class will progressive: we will start slowly the first week and raise the intensity each week.

Time • Session A: 7:30 - 8:20am **Location • SP**
Session B: 12 - 12:50pm
(T, Th) 6/5 - 7/12 \$90 1740.201



DCR - Douglas County Running

Douglas County's premier FREE social running group for beginners and veterans alike.

www.meetup.com/DouglasCountyRunning

Login, check the calendar, and RSVP for a run!

ADULT

Concealed Weapon Certification

Ages • 21 and up **Instructor •** Daniel Linn
This course, which meets and exceeds the Nevada State CCW requirements, can be taken by CCW applicants or anyone wanting to learn to shoot handguns. Covered in the course will be; Firearms safety, handgun, ammo and holster selection, nomenclature and operation, stances, Nevada State Laws on firearms and the use of deadly force, how to shoot a handgun, and how to maintain and clean a handgun. The course will conclude with live-fire drills at the range, and certificates will be given to successful participants. Students will need: One to three handguns, 150 rounds of FACTORY ammo for the first handgun and 50 rounds for each additional handgun, hearing and eye protection and a baseball style hat for the range. Students will need to bring their own UNLOADED handguns to class.

Times • (W, F) 6 - 9:30pm (Sa) 8 - 11am		Location • RA
(W, F) 5/16 & 5/18		1745.201
(Sa) 5/19	\$90*	
(W, F) 6/13 & 6/15		1745.202
(Sa) 6/16	\$90*	
(W, F) 7/18 & 7/20		1745.203
(Sa) 7/21	\$90*	
(W, F) 8/15 & 8/17		1745.204
(Sa) 8/18	\$90*	

**An additional \$10 insurance fee is payable to the instructor. Spouses are 1/2 price plus \$10 insurance payable to the instructor.*



July is Parks & Recreation Month

Recreation facilities and parks across the country annually use July to celebrate the kick off of summer programming as well as a time to pull their communities together to volunteer, get involved in great outdoor physical activities and advocate for parks and recreation.



Beginner's Tai-Chi

Ages • Adults **Instructor •** Earl Mussett
Tai-Chi is a soft martial art, or exercise form, which originated in China thousands of years ago. In this class, we will warm up; do the five animal play series, ten form (longevity) series, "Ba Duan Jin", Nine Temple exercises, eighteen movement, Tai Chi/Qi Gong and others. Each class session will conclude with one or two repetitions of the 24 movement Yang Short Form. Wear comfortable, loose fitting clothes and tennis shoes.

Time • 8 - 10am		Location • LP	
(Sa) 5/5 - 6/2*	\$5		1710.201
(Sa) 6/9 - 6/30**	\$5		1710.202
(Sa) 7/7 - 7/28	\$5		1710.203
(Sa) 8/4 - 8/25	\$5		1710.204

**No class 5/12*

***Class held @ James Lee park on 6/9*



Culinary Classes

Ages • Adults **Instructor •** Patrick Henry
Chef Patrick Henry is offering 10-week series, showing you secrets to enjoy in your kitchen. His culinary tour will show you knife handling skills, food handling and preparation, creation of Mother Sauces, Roux, pan sauces, sushi and salad dressings. He will cap off with culinary trips to Italy, Thailand, and Spain. Weekly classes are held in the catering kitchen of Chef Patrick Henry in Gardnerville. Class size is limited, sign up early!

Times • (T) 6 - 8pm (Th) 2 - 4pm	Cost • \$50 per class
(T, Th) 5/8 - 5/10	<i>A Trip to Italy</i>
(T, Th) 5/15 - 5/17	<i>Sushi Made Easy</i>
(T, Th) 5/22 - 5/24	<i>Thai Time</i>
(T, Th) 6/5 - 6/7	<i>Salad Dressings</i>
(T, Th) 6/12 - 6/14	<i>Aioli Sauces</i>
(M, F) 6/25 - 6/29	<i>Salmon Night</i>
(T, Th) 7/24 - 7/26	<i>Tex Mex</i>
(T, Th) 8/7 - 8/9	<i>Chinese Chow</i>
(T, Th) 8/14 - 8/16	<i>Appetizer Night</i>
(T, Th) 8/21 - 8/23	<i>Barcelona Night</i>

National Scrapbook Day Celebration All Day Crop

Ages • Adults **Instructor •** Jackie Gorton
Bring plenty of photos for this 12 hour workshop! Includes door prizes and goodie bag plus the opportunity to try something new with a make & take project. You will have an 8 foot table to work at and tools, idea books will be available for use. Bring a dish to share with others for a potluck lunch/dinner or bring a sack lunch for yourself. Water and a snack are included.

Time • 10am - 10pm		Location • SC
(Sa) 5/12	\$25*	1720.201

**Addition \$5 material fee payable instructor*

Scrap Booking All Day "Crop"

Ages • Adults **Instructor •** Jackie Gorton
This is the perfect opportunity for family photo historians to start a book or get a project finished. With an entire day and an eight foot table to work at, you can share ideas with others. Tools such as punches, a die cut machine, custom cutting system and many idea books are available for use while other supplies are available for purchase. Bring a dish to share with others for a potluck style lunch or bring a sack lunch for yourself. Water and a snack are included.

Time • 10am - 5pm		Location • SC	
(Sa) 6/16	\$10		1720.202
(Sa) 7/14	\$10		1720.203
(Sa) 8/11	\$10		1720.204

INSTRUCTORS WANTED!

Call us at 782-9828 if you have a specialty you want to share. We would like to work with you to develop new programs that will work into your schedule.

YOUTH/TEEN SPORTS

Youth Sports Organization

The Douglas County Parks & Recreation Department prepares and maintains practice and competitive fields used by the Youth Sports Organizations. Questions regarding the sports sponsored by these organizations can be answered by calling the following:

AYSO Soccer

Hotline www.ayso318.org

Carson Valley Little League

Debbie Jacobsen 782-7303

Carson Valley Girls' Softball League

Patti 265-6447

Carson Valley Swim Team

Carson Valley Swim Center 782-8840

www.carsonvalleyswimcenter.com

Douglas Dolphins Swim Team

Pop Warner www.ddst.org

Pop Warner

Jim Valentine 782-8777

www.douglaspopwarner.com

Youth Basketball Leagues

Anthony Davis 782-9828

www.dcpssports.com

Youth Flag Football Leagues

Anthony Davis 782-9828

www.dcpssports.com

Youth Volleyball Leagues

Anthony Davis 782-9828

www.dcpssports.com

Youth Wrestling

John Grant 720-2311

Lake Tahoe Track and Field, Cross Country

Anthony Davis 530-541-1873

www.adsportstahoe.com

Youth NFL Flag Football

Ages • 5 - 14

Flag Football teaches boys and girls the fundamentals of football, good sportsmanship, and teamwork all in a fun, non-competitive way. Boys and girls play on the same teams.

Players receive a reversible NFL Flag jersey, mouthpiece, and an individual trophy. All games are played on Saturday's. Participants will be divided into four age groups, 5-6, 7-8, 9-11 and 12-14. Players must be 5yrs by September 1, 2012 and cannot be 15 before September 1, 2012. Teams will be formed through a draft system. Volunteer coaches are also needed. A background check is required for all volunteer coaches (**All Coaches must be background cleared by August 31, 2012**) Sign up players fast, as space is limited.

Time • 9am - 4pm

Location • SP

Registration • 5/14 - 8/31

Season • (Sa) 9/22 - 11/10

Cost • \$75 (Includes Jersey, Awards, Mouthpiece & Officials)

Leagues:

5 - 6 coed 5041.201

7 - 8 coed 5041.202

9 - 11 coed 5041.203

12 - 14 coed 5041.204

**A parent permission slip & NFL registration slip must be completed at time of registration.*

Youth NFL Flag Football Draft

Due to the increasing size of the Youth NFL Flag Football program, DCPR has adopted a draft system for player placement on teams. Coaches will be required to attend a paper draft to select teams on Saturday, September 8 at the Recreation Annex Building.

PARENTS WILL NOT BE ABLE TO REQUEST A CERTAIN COACH OR THAT THEIR CHILD IS PLACED WITH ANOTHER CHILD, NO EXCEPTIONS. Only coaches are allowed to be present for the draft, no parents or participants are needed.

Date • (Sa) 9/8

Location • RA

Draft Times •

5 - 6 coed 8am - 10am

7 - 8 coed 10am - 12pm

9 - 11 coed 12pm - 2pm

12 - 14 coed 2pm - 4pm

Youth Flag Football Coaches Clinic

There will be a required coach's clinic for all Youth Flag Football Coaches on Sunday September 9th from 9am to 12pm at Stodick Park.

Challenger British Soccer Camp

Ages • 5 - 16

Camps are designed to provide the camper with in-depth instruction and introduction of core values, skills, and tactics. Emphasis is placed on the development of the most important and commonly used skills at each age group and by breaking down the skills into technical components and then allowing the camper to practice and hone these techniques in an age appropriate, fun, educational and challenging format. Bring a water bottle, sack lunch, and wear shin guards and sunscreen. Price includes a soccer ball and t-shirt.

Half Day Camp (Ages 5 - 10)

Time • 9am - 12pm

(M-F) 7/16 - 7/20

\$164

Location • LP

5019.201

Half Day Camp (Ages 11 - 16)

Time • 1pm - 4pm

(M-F) 7/16 - 7/20

\$164

Location • LP

5019.202

Full Day Camp (Ages 8 - 16)

Time • 9am - 4pm

(M-F) 7/16 - 7/20

\$237

Location • LP

5019.203

\$10 late fee if payment is received after 7/6. Sign up on-line by June 1 for a FREE Soccer Jersey! www.challengersports.com

HOST A COACH

Make this experience even more special for your children by hosting one of our professional British coaches during your week of camp. Call 782-9828 for more information.



Youth Tennis Clinic

Ages • 7 - 12

Instructor • Robert Shawhan

This beginner to advanced tennis clinic will provide a great opportunity for students to learn the basics of tennis including serve, footwork, volley and ground strokes. This clinic will also include many fun games to help learn to play tennis. Participants need to bring their own racquet and wear athletic clothing.

Time • Session 1: 8:30 - 9:50am

Location • LP

Session 2: 10 - 11:20am

(M-Th) 6/4 - 6/7 \$55

1193.201

(M-Th) 6/11 - 6/14 \$55

1193.202

(M-Th) 6/25 - 6/28 \$55

1193.203

ADULT SPORTS



Fall Adult Softball Leagues

Ages • 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. 20 players maximum per roster. Each team will play a minimum of 10 regular season games and a double elimination tournament. Awards will be given for 1st place for each division winner in league and tournament play. Game times will vary from 6:30 – 9pm. League night will vary. Regular season runs through September. All teams are required to attend a mandatory manager's meeting. Must be at least 18 years old to participate.

Time • 6:30 - 9pm

Location • LP

(T, W) 8/7 - 10/24

Registration Begins June 25

Registration • Early \$475 By July 20
\$525 After July 20

Registration Deadline • July 27

Leagues Offered

(T)	Men's Open	5001.202
(W)	Coed Open	5001.201

Managers Meeting & Schedules

Time • 6pm

Location • RA

(W) 8/1

The meetings will be held at the Recreation Annex, 1327 Waterloo Lane. Completed rosters are due at time of meeting.



Adult Fall Volleyball Leagues

Ages • 18+

Entry fee is due at time of registration. League size is restricted. All registration is based on first come first serve basis. Returning teams are not guaranteed a space. 12 players are allowed to a roster. Each team will play a minimum of 8 regular season games and participate in the post-season single elimination tournament. Awards for tournament play only. A gift certificate and T-shirts will be awarded for 1st place in the tournament. A gift certificate will be awarded for 2nd place. Game times will be between 7 - 9pm. Season runs approximately through November 8. Must be at least 18 years old to participate.

Time • 7 - 9pm

Location • CVMS

(M, W, Th) 9/4 - 11/9

Registration Begins July 16

Registration • Early \$200 By August 17
\$225 After August 17

Registration Deadline • August 24

Leagues Offered

(M)	Women's (6 on 6)	5004.201
(W)	Coed "C" (6 on 6)	5004.203
(Th)	Coed "B" (6 on 6)	5004.204

Therapy That Makes Sense

Lileo T. Sunderland, M.F.T.

- Marriage • Family
- Individual Counseling

Licensed in Nevada and California

775-783-1136

1191 - A High School Street
P.O. Box 2275
Gardnerville, NV 89410



Lileo Sunderland
M.F.T.

R&S OPTIMUM OFFSET
Your Printing Specialists

*The premier printers of
Douglas County and surrounding areas.*

Call Steve or Jody for all your printing needs.

1166 Annie Court, Ste. D Minden, NV 89423	opoff@pyramid.net	p: 775.267.4553 f: 775.267.4984
--	-------------------	------------------------------------



Photo by Cathleen Allison/NevadaPhotoSource.com

5th Annual Mud Volleyball Tournament Saturday, August 4th

DHS volleyball program is holding their 5th Annual MudFest volleyball tournament on Saturday, August 4, 2012 at Herbig Park. Competition begins at 9 a.m. Early sign-up is encouraged as the tournament is limited to 24 teams. Entry fees are \$200 for corporate/adult teams and \$20 per player for student teams with a valid school ID with a minimum of 6 players per student team. Teams will receive tournament t-shirts. The event is free to spectators and a BBQ lunch is also available. A release of liability must be signed and returned on every player before the start of the tournament. For more information email mudfest@yahoo.com. Tournament forms are available on our website at www.dcsd.k12.nv.us/dhs. Go to the Athletics tab and click on volleyball.

WANTED Volunteer Coaches & Team Sponsors

Our youth Sports Leagues are in search of volunteer coaches for Flag Football, Basketball and Volleyball. Without coaches these programs are not possible. A background check is required for all volunteer coaches. If you are unable to coach but would like to help out with these programs; contact the Recreation Division to sponsor/support your favorite youth team. Please call 775-782-9828



CHECK OUT SPORTS ON THE WEB @ WWW.DCPRSPTS.COM

All Leagues Sign up Information
Forms • Schedules • Rules
Up to Date League Standings
Championship Photos

Teen/Adult Tennis Clinic

Ages • 13 and up **Instructor** • Robert Shawhan
This beginner to intermediate tennis clinic will provide a great opportunity to learn new tennis skills as well as brush up on current skills. This clinic will focus on the basics of tennis including serving, ground strokes, volley, as well as team play. This clinic will also include many fun games to help learn to play tennis. Participants need to bring their own racquet and wear athletic clothing.

Time • 6 - 7:20pm		Location • LP
(M - Th) 6/4 - 6/7	\$55	1793.204
(M - Th) 6/11 - 6/14	\$55	1793.205
(M - Th) 6/25 - 6/28	\$55	1793.206

Wanted Officials & Referees

Douglas County Parks & Recreation is currently looking for qualified officials for Youth and Adult Sports. Officials must be willing to work nights and weekends and have a flexible schedule. Most games last approximately 1 hour. We will train and certify for all sports. Previous officiating is preferred. Willingness to be trained in multiple sports preferred. Please call the Douglas County Parks & Recreation at 782-9828 for more information.



4th Annual Carson Valley Days Grass Volleyball Tournament Sunday, June 10th

Ages • Grade 5 and up

Guarantee 3 games in pool play plus elimination tournament. Games and times will be determined by the number of teams/divisions that sign up. Games will be played at Lampe Park, field 1 in Gardnerville. Sign in at 8am, games start at 9am. Player should bring food, water, shelter, seating and balls.

Divisions

Youth	(Grades 5/6, 7/8 & High School)	6 vs 6
Adult Women's	(16 & older)	4 vs 4
Adult Men's	(16 & older)	4 vs 4
Adult Coed	(16 & older)	4 vs 4
(Su) 6/10	\$5-15/person*	

*\$5 per youth per team, \$15 per adult per team

5003.201

ACTIVE ADULTS

Douglas County Senior Services

2300 Meadow Lane, Gardnerville,
783-6455

Douglas County Senior Services provides many activities, services and programs. The Center provides the senior community an opportunity to socialize, enjoy a nutritious meal and get involved in a number of different activities, special events and excursions. Come check us out on the web at <http://www.douglascountynv.gov/sites/SrCntr/index.cfm>

Congregate Dining

The Douglas County Senior Center serves lunch Monday - Friday at 12pm. Reservations are not required. The suggested donation for lunch is \$2 each day for Seniors 60 years and older. For guests who are under 60 years of age, it is just \$3.50 for lunch.

Topaz Congregate Dining

Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the Topaz Ranch Estates Community Center located at 3939 Carter Way. The suggested donation for lunch is \$2 each day for Seniors 60 years and older. For guests who are under 60 years of age, lunch is just \$3.50.

Senior Companion Program

Senior Companions are volunteers who may drive you to an appointment, keep you company during the day or help out in other ways. The suggested donation for this service is \$3 per hour. Call 783-6455 for a list of volunteers and their phone numbers.



Senior Resistance Exercise

Join us each Monday, Wednesday and Friday from 10:30 - 11:15am for our Senior Resistance Exercise Class. Many of the infirmities contributed to aging are prevented or reduced by staying active. Resistance exercise is used to maintain and build strength, muscle mass, muscle tone and muscular endurance. The goal of Senior Resistance training is to increase your ability to produce and sustain muscular power.



Homemaker Assistance

If you are 60 years and older, do not have an able bodied adult living with you, and are unable to do daily household chores due to physical and/or mental illnesses, you may be eligible to receive homemaker service. The service provides weekly or bi-weekly visits for basic cleaning, laundry, and grocery shopping. The suggested donation for service is \$3.00 an hour.

Senior Center Volunteers

Many of the programs offered through the Douglas County Senior Center would not be possible without the assistance of DC Senior Center Volunteers. If you have an interest in becoming a volunteer for the senior community please call (775) 783 - 6455.



Douglas County Dial-A-Ride Service

To ensure that our senior citizens who desire transportation assistance are able to reach their destinations in a timely and safe manner, Douglas County Senior Services offers transportation, to the senior center, hair, medical and dental appointments and much more. These rides are coordinated through the Senior Center at (775) 783-6455. **Advance notice is appreciated.**

Meals on Wheels

All Seniors 60 years and older who do not have an able-bodied adult living with them, are physically or mentally incapacitated, and/or unable to leave the house can receive weekly or bi-weekly Meals on Wheels deliveries depending on your location. Deliveries are in town or to outlying areas including: TRE, Indian Hills, Johnson Lane and Stateline. The suggested donation is \$2 per meal.





12th Annual

Big Mama's Show & Shine Classic Car Show

The Douglas County Senior Center will be conducting the 12th Annual BIG Mama's Show & Shine Car Show on **Saturday, May 12th** at Lampe Park Pavilion, 1325 Waterloo Lane, Gardnerville. The event is from 10am - 3pm. It will be a day of great looking vehicles, craft and business vendors, music, food and fun. There will be raffle prizes awarded throughout the day. Early car show registration is \$45.00 (post marked on or before April 30, 2012) and late registration is \$55.00. Sponsorship opportunities and craft booth spaces are available. Pick up a registration or sponsorship packet at the Douglas County Senior Center, 2300 Meadow Lane, Gardnerville or call Amanda at 775-783-6455 to have one mailed or faxed to you.

AARP Driver Safety Course

Instructor • Dennis Hogan

This class is a refresher course with emphasis upon how age-related changes affect driving. For drivers age 55 and older. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the class may be eligible for a discount on their auto insurance. Pre-registration is required by calling the Douglas County Senior Center, 783-6455. There is a \$14 fee for the class payable upon arriving at the class. AARP members, who bring their membership cards with them the day of the class, may be eligible for a \$2 discount.

Time • 8:30am - 1pm

Location • SC

(Sa) 7/21

(Sa) 11/10

Instructor • Irv Phillips **Location •** CV Med Center

(F) 10/12



782-8840



1600 Hwy 88 • Minden, NV 89423 • Open 7 Days a Week • www.cvswim.com

Four pools indoors (open year-round):

- A 25-yard by 25-meter, L-shaped, six lane competition pool w/low & high dives in the deep end.
- An activity pool for children, kept at 86°F with water toys.
- A 92°F warm pool, fully accessible, w/ramp, pool lift & stairs for seniors, disabled & special programs.
- Two waterslides empty into the slide pool. These fully enclosed slides are 20 feet high and 180 feet long creating a thrill ride for people of all ages. Minimum height to ride the slide is 48 inches.

Two outdoor pools (open April-October):

- A 25-yard competition pool in a spectacular setting with a view of Job's Peak and the Sierra Nevada.
- A separate small pool ideal for younger children and families.
- Newly expanded outdoor deck & lawn area. 3 sun canopies & 2 BBQ/Party areas available for rental by reservation.

Exercise Room:

- Exercise equipment includes:
- Two treadmills • Lifecycle • Life step • Multi-station gym • free weights (3 - 40 lbs)
- A PreCor EFX556 located in the multipurpose room.
- This equipment is available during regular center hours for adult (18+) patrons.

Summertime Barbecues

Join the Douglas County Senior Center at our summer time Bar-B-Q's at the Lampe Park Pavilion (weather permitting) Each BBQ is a fun-filled day of entertainment, food and games. All barbecues start at 11am and end at 2pm. There is a suggested donation of \$2 for those 60 years and older for lunch. For those who are 59 years and younger there is a \$3.50 charge for lunch. Themes will be announced. Dates to be announced.

YAH Gift Shop

Young at Heart sponsors a gift shop located in the Senior Center lobby. It is open from 9:30am - 12pm Monday through Friday. All items are hand made and range from jewelry to clothing to decorations. A portion of the proceeds benefit Young at Heart. To shop, or to sell your own items, come in to the Senior Center during Gift Shop hours and check us out. Call 783-6455.

Ceramics

The Senior Center has a Ceramics room that is open to all seniors Tuesdays and Fridays from 9am to 3pm. Stop by and see Esther and Carolyn or call the center for more information.

Sight Impaired Support Group

Meets every 1st Thursday of the month at 10am in the Senior Center Ceramics Room. They offer information and support to those with vision challenges, discuss topics of interest and devices that are available to assist those with sight impairment and blindness. For more information, please call the Douglas County Senior Center at 783-6455.

Watercolor Classes

These classes are offered at the Senior Center on the 2nd and 4th Thursday of the month from 9am to noon. Cost is \$20 per class per person which includes all materials and a completed picture to take home. For more information call instructor Lada Trimble at 882-6061.

Carson Valley Community Bingo

Come join us for a fun and exciting afternoon of community bingo on the third Sunday of each month at the Douglas County Senior Center. Doors open at noon with early bird games starting at 1pm and regular games beginning about 1:30pm. All proceeds go to benefit the Young at Heart Citizens Club, which supports activities and programs for the senior community. Although games are played at the Senior Center, Bingo is open to everyone over 21 years of age. For more information contact the Senior Center at 783-6455.

Green Thumb Garden Club

meets every 4th Monday of the month at the United Methodist Church in Gardnerville. They discuss different topics each month regarding taking care of your gardens and yards, plus have guest speakers and scheduled bus trips. The first meeting of the year will be held on Monday, March 26th.

iViva Tahoe!

Spanish Summer Kids' Camp

Explore Lake Tahoe in Spanish!

Monday, August 6th - Friday, August 10, 2012
8AM - 4PM Daily

www.thebridgelanguageacademy.com

Join our one-of-a-kind camp for a fun filled week of Tahoe activities while learning Spanish! Come experience Tahoe in SPANISH! We will be hiking, swimming, enjoying the sun and sights of Lake Tahoe in Spanish! This action-packed week will be designed for optimum language acquisition! Don't miss out!

Cost: \$369 (Application and \$125 deposit received by June 1, 2012)
\$409 (Application and \$125 deposit received after June 1, 2012)

 **The Bridge** Language Academy
Connecting our community through shared language

 **LAKE TAHOE**
EDUCATIONAL FOUNDATION

Contact: Kathy Haven

Email: khaven@thebridgelanguageacademy.com

Phone: 530.545.9317



Tahoe Computer Pros

Tech support | Web design | Consulting

Windows & Macs

System Recovery • Virus Protection
Software & Hardware
Wireless Networks • More!

Days & Evenings Available
We Come to your House/Business
Reasonable Rates
Professional & Courteous

www.tahoecomputerpros.com
530-577-7767
Call Now for an Appointment!

 **Microsoft**
CERTIFIED
Professional

LIFE OPTIONS ACTIVITIES



Pulse Fitness

Ages • 60 and over

Stay healthy and active with Pulse Fitness as part of the Senior Services "Life Options" program. If you are 60 and older, you can enjoy the benefits of feeling great and maintaining your health from our various fitness programs for just \$19 a month. We offer low impact aerobics, pilates, yoga, treadmills, elliptical machines, bikes, free weights, and selectorized machines. Relax in our dry sauna or finish your workout with a healthy drink. All new members will receive a consultation from a Personal Trainer to get you started on your way to a healthy lifestyle. Monthly dues are \$19, and for seniors there is no Enrollment Fee and a one time \$29 Processing Fee. For more information contact Pulse Fitness at 782-2705 and ask about a senior membership.

885 Mahogany Drive, Minden, NV

www.PulseFitnessNV.com

Time • Monday - Friday: 4:30am - 10pm
Saturday - Sunday: 7am - 7pm

Creativity through Knitting, Crocheting & Needle Point

Do you enjoy knitting, crocheting and/or needlepoint? Come join the group and get tips and support for your projects. The group meets from 9am - 12pm at the Douglas County Senior Center. (On the 2nd Monday of the month, they meet at the Aspen Mobile Home Park Clubhouse.) There is "no fee" to attend, but seats are limited, so please call and confirm your interest. To reserve a spot or for more information contact Linda Sawtelle at 783-7278.

Anytime Fitness: 24/7 Fitness Club!

Ages • 60 and over

Anytime Fitness is Minden/Gardnerville's only fitness club open 24 hour a day and 365 days a year with access to 1500 clubs across all 50 states, so we are a great option if you travel! Our entire staff is certified in health & fitness and will be able to assist you to meet your goals! Our Facility offers treadmills, cross trainers, recumbent bikes, and strength circuit machines. We also have a group fitness studio and offer Yoga, free senior stretch & senior strength classes! Anytime Fitness offers seniors a discounted membership rate, No Enrollment fees, 3 free training sessions & your first month free when you mention Senior Services "LIFE OPTIONS PROGRAM"! For more information about Senior Membership, please contact Alex, Jessie, Allen or Karen at (775) 783-5130

1352 HWY 395 Suite 101-104, Gardnerville

www.anytimeville.com

Time • Monday - Sunday: Open 24 hours!

Join Now for

\$0 Enrollment
& only \$19/mo

RATE GUARANTEED FOR LIFE!

LOCALLY OWNED & OPERATED!

- Over 50 pieces of Cardio equipment
- Personal Training Available
- FREE Kids Club ~ ages 6 months to 12 years
- Tanning & Sauna Available
- Group Classes: Yoga, Zumba, Pilates, Spinning®, Ballet and More!



PULSE FITNESS

Try us out for FREE
7 DAY VIP PASS

BUY ONE YEAR
GET 3 MONTHS FREE



885 Mahogany Dr • Minden
775-782-2705

Offer Expires
6/30/12

With this coupon. See clubs for details

SPECIAL EVENTS

24th Annual Kids Fishing Derby



Ages • 3-12

Kick off the fishing season, June 2nd and 3rd, 2012 at Lampe Park. Bring your pole and camera and experience the greatest fishing of the year. Family activities and concessions will also be present. Tickets are FREE; however you MUST Pre-register early to receive your session ticket. Spaces are limited. Derby hats, pins, t-shirts and other resale items will be available for purchase. Raffle tickets are available for \$1.00 each or 6 for \$5.00. Raffle prizes this year include (but are not limited to) two kid-sized quads and a Traeger pellet BBQ grill. All proceeds go directly back into the Derby.

Registration begins April 2

Registration will be available every Saturday from 10am - 1pm at Raley's in Gardnerville and at The Angler's Edge, 1564 Hwy 395 in Gardnerville during business hours Tuesday to Saturday.

Contact Information • Angela Gerhart
angela.gerhart@gmail.com or (775) 315-7734.

Contact Information • Teresa Clark
teeterstots@aol.com or (775) 267-7688.

For information on sponsorship and/or fundraising please
contact Steve Hamilton at (775) 782-0742 or sctawhamilton@aol.com

Fishing Derby Volunteers

Douglas Kids' Fishing Derby, Inc. is a non-profit organization and is dependent upon the generosity of volunteers. Volunteers are needed to help set up, tear down, registration, river help, fish cleaning and more. If you are interested in becoming a volunteer please pick up a volunteer form at the recreation department or the Angler's Edge and return no later than May 30th. All volunteers must attend one of the volunteer meetings.

Contact Information • Trent Dowell
kfdvolunteers@aol.com or (775) 220-6065.

Volunteer Meeting Dates

(Lampe Park Pavilion)		
Saturday	May 19	9am
Wednesday	May 23	6pm
Wednesday	May 30	6pm

River Help Training Dates

(Lampe Park Pavilion)		
Saturday	May 19	
Wednesday	May 23	
Wednesday	May 30	

After volunteer meeting

Mother's Day Mother / Son Dance

Sponsored by Carson Valley FFA

Ages • All

Little gentlemen this is your opportunity to show mom how much you appreciate her by taking her out for an evening of dancing and entertainment. This will be a semi-formal occasion. Corsages for mom and refreshments will be provided. Photos will be available to purchase.

Time • 6:30 - 9pm **Location •** DCFG
(Sa) 5/5 \$15/couple* 1155.101
*\$7 per additional son

Farmers Market Nevada's Own Certified Opening Day June 6

Find an abundance of fresh farm grown produce brought to you direct from local Nevada and California certified farms. Your weekly community Farmer's Market is open summer mornings from 8am - 1pm at Lampe Park in Gardnerville. Bring a basket and fill it with fruits, baked goodies, vegetables, plants and more. For directions, participation or information call the Recreation Division at 782-9828.

Time • 8am - 1pm **Location •** LP
Wednesdays - Free

Facility Rentals

Family Picnics • Reunions

Receptions • Birthday Parties

Douglas County Parks & Recreation Department has many rental facilities that can accommodate your needs for any special occasion. Staff is available to help you identify which facility may best meet your needs. For more information and rates to rent a facility, please call 782-9835 or go to www.douglascountynv.gov.

DID YOU KNOW?

Information about all of the classes listed in this guide can be found on the web at
www.douglascountynv.gov

Sign Up Early

If you are interested in a class or program, register today!
If a minimum enrollment is not met before its start date, a class or program may be canceled. Find more information at
www.douglascountynv.gov

Become a V.I.P.!

Volunteer in Parks & Recreation

As a volunteer you can help fill a need, share a skill, and provide dedication, community involvement, and a fresh outlook on current programs.
Call 782-9828 to become a volunteer.

Ring in Kindness

Designed to lift the hearts of our community members through kindness and caring for each other. Everyone needs, at one time or another, a simple act of kindness in their lives and Ring in Kindness is a project to do exactly that. We are inviting the community to get involved in spreading kindness through handmade pieces of art. Each piece of hanging art will be touched by the hearts and hands of many and hung, anonymously throughout the community for others to find, keep, or pass on to someone who is in need of a simple act of kindness. You can get involved by volunteering your time to create the clay pieces, paint or assemble the bells. You need no artistic ability to be a part of this project. Another way to be involved is to make a cash donation to purchase supplies to perpetuate the community project. We meet the second Tuesday of each month at the Partnership of Community Resources located at 1615 Hwy 395, Suite C, in Minden. For Information call 782-8611 or 782-5434.

Dates • Second Tuesday of each month

Start time • 8:10am, Check-in 7:40am

Location • 1615 Hwy 395, Suite C, Minden

Contact Information • Call 782-8611 or 782-5434.

Carson Valley Trails

During 2011, the Carson Valley Trails Association (CVTA) constructed over 16 miles of trail in the Genoa area, including the Genoa Loop, the Eagle Ridge Loop and the 9.6 mile Sierra Canyon Trail. These trails will be open to non-motorized users, including hikers, equestrians and mountain bikers. The Sierra Canyon Trail provides users with a connection from the Carson Valley to the Tahoe Rim Trail. Work on this trail will continue in 2012 to improve switchbacks, wet crossings, rocky areas and one bridge. The trails are scheduled to officially open this spring, around May 1. For more information about these and other Carson Valley area trails, pick up a free CVTA Local Trails Guide at the Douglas County Parks and Recreation office on Waterloo Lane or visit the CVTA website: www.carsonvalleytrails.org

Spring into Wellness

The first community wide health fair "Spring into Wellness" will be held at Douglas High School from 9 am to 1 pm on Saturday May 12, 2012. The fair offers something for everyone! Health screenings and vaccinations (some fees may apply), short seminars, a prescription drug round up, resource tables and MORE. The event is sponsored by the Partnership of Community Resources and Douglas High School with support of eighteen collaborating agencies!

Date • Saturday, May 12, 2012

Time • 9am - 1pm

Location • Douglas High School

Contact Information • Call 775-782-8611 or go to website: www.partnership-resource.org

Walk-Jog-Run For Prevention!

Ages • All

The Partnership of Community Resources and Minden Rotary invite you and your family to RUN THE PARADE ROUTE preceding the Carson Valley Days Parade Saturday June 9th. Sign up to participate in our fifth annual WALK JOG RUN 5K and 10K event by going to www.active.com or contacting 782-8611 for an application packet. Registration costs: youth under 12, \$5.00, youth 13-18, \$10.00, All others \$30. T shirt any size \$10. All prices go up on race day!

Date • Saturday, June 9, 2012

Start time • 8:10am, Check-in 7:40am

Location • Lampe Park

Contact Information • Call 782-8611 or go to website: www.active.com



A.V.I.D.

Active Volunteers In Douglas

A.V.I.D. (Active Volunteers In Douglas) is a non-profit group that promotes, maintains and supports volunteerism in Douglas County; and provides avenues for recognition and encouragement of volunteers. Any non-profit organization in Douglas County may be a part of A.V.I.D. Nineteen organizations are currently active in A.V.I.D. Other organizations in the County also use volunteers, but do their own recruiting. A person seeking a volunteer position or wishing to change to a different volunteer position may call the organization directly, or coordinate through A.V.I.D. For more information, contact A.V.I.D. at 783-6450 or write: P.O. Box 1057, Minden NV 89423 or visit our website at www.douglasvolunteers.org



Tours of Dangberg Home Ranch Historic Park

The Dangberg Home Ranch Historic Park is located just west of Minden at 1450 Highway 88. The site includes eight historic structures built between 1857 and 1917, along with a collection of 39,000 artifacts, documents and photographs acquired and used by the Dangberg family. The site was the central property of the Dangberg Land & Live Stock Co., once one of Carson Valley's largest ranches, and the home of four generations of Dangbergs.

Programs include tours, exhibits and other public events. Advance tour reservations are required and can be made by calling the park at (775) 783-9417. Tour admission is \$8.00 for adults, free for children 16 and younger. The park can also be reserved for weddings, reunions and other events from April through October. Visit www.dangberghomeranch.org for more information on park events and programs.

KAHLE COMMUNITY CENTER

Full size hardwood floor basketball court, suspended indoor track, fitness area with cardio, free weight and machines all with a view. Boulderling wall for all ages, indoor playground and game room. Located at 236 Kingsbury Grade, Stateline, NV 89449.



Facility Rentals

We invite you to take advantage of our great facilities at reasonable rates when you are looking for a place to have a reception, special event, business or organization meeting or sporting events. All sites feature convenient locations and help from our friendly staff. For reservation information call Kahle Community Center at 586-7271.

Passes Available

Daily, Monthly, 3 Month and Annual.
New Senior Drop In: \$3

Recreation Center Hours

MAY - OCTOBER

Monday - Friday	6am - 9pm
Saturday	8am - 6pm
Sunday	Closed

NOVEMBER - APRIL

Monday - Friday	6am - 10pm
Saturday	8am - 8pm
Sunday	11am - 4pm

- Closed most holidays -

LAKE CLASS LOCATION CODES

EGC..... Edgewood Golf Course
KCC.....Kahle Community Center
KCPKahle Community Park
RHFSRound Hill Fire Station
TBA To Be Announced
ZCES..... Zephyr Cove Elementary School
ZCP..... Zephyr Cove Park

“We’re not just
a community center,
we’re the center
of the community”

PRESCHOOL

Roots & Wings Children's Center at Kahle Park

Accredited by the National Association for the Education of Young Children.

Director • Shelly Martinez

We are delighted to offer a part-time developmental preschool program at Kahle Park. We endeavor to create an environment in which your children respect themselves and others, while inviting their young minds and bodies to think, create, explore, discover, and wonder! Our goal is to inspire a lifelong love of learning. Age appropriate activities in the following curriculum areas will be offered daily: art, math, science, language, sensory, cognitive development, practical life, dramatic play, music, and fine and large muscle development. Roots and Wings is a licensed preschool designed for children 3 to 5 years old (Children must be potty trained.) Program hours are 9am - 12pm Monday - Friday. Children may enroll 2 to 5 scheduled days per week. Tuition is \$20 per day through December 2012 and will increase to \$21 per day beginning January 2013. A non-refundable registration fee of \$100 for students new to the program. There is a \$60 registration fee for children returning to the program. There is no fee to place your child on the waiting list. For more information about this year, or to place your child on the waiting list for future school years, please call Kahle Community Center at (775) 586-7271.

Booster or car seats required for all children under 8 years of age.

Roots & Wings Open House
Everyone's Welcome
Thursday, May 3rd
5:00 – 7:00pm

Twosday Mornings

Ages • Birth to Preschool

Instructor • Roots & Wings Teachers

Wanted: Parents, grandparents, and caregivers with young children who would like to spend one morning a week in the company of their peers enjoying structured and spontaneous playful experiences. Fee includes creative art, optional group circle time and use of indoor playground.
Time • 9:30 - 11am **Location •** KCC
(T) 5/1 - 5/29 \$30 1048.201
Drop in participants are welcome. The fee is \$8 per class and additional children in the family are \$1 per child per time for the monthly fee and drop in rate.

Roots & Wings Summer Session

A continuation for children already enrolled in the 2011/2012 school year.

Time • 9am - 2pm
(M, W) 6/11 - 6/27 \$120 2006.202
(T, Th) 6/12 - 6/28 \$120 2006.203
(M - Th) 6/11 - 6/28 \$230 2006.204

Kahle Play Camps

Ages • 3 and up

Staff • Roots & Wings Teachers

These themed camps are designed with the young camper in mind. They offer shorter hours, high teacher/child ratio and developmentally appropriate activities including art, games, nature walks and a weekly beach trip to Sand Harbor State Park where there are lifeguards. Play campers will need to bring a back pack with towel, hat, sunglasses, sack lunch with drink, water bottle and sunscreen, all labeled with their name each day. On Beach Day, campers need to wear a swimsuit beneath their clothes or as part of their outfit. All camp days end with a popsicle. A detailed description of each play camp will be available June 15th.

Time • 9am - 1pm

Location • KCC

Park Parade			
(M - Th) 7/9 - 7/12	\$104		1004.201
Sports Sampler			
(M - Th) 7/16 - 7/19	\$104		1004.202
Forest Fairies			
(M - Th) 7/23 - 7/26	\$104		1004.203
Pirates of Kahle Park			
(M - Th) 7/30 - 8/2	\$104		1004.204
Scout About			
(M - Th) 8/6 - 8/9	\$104		1004.205
<i>(Limit 15 children per camp)</i>			



Mud Camp

Ages • 4 - 8

Instructor • Roots & Wings Teachers

Oeey, Goey Mud - the ultimate gift from nature to children. It's science, sensory, cause and effect and more, all in one squishy package. Plan on getting dirty. We will end the day with a run through the sprinklers. Please wear swimsuits, tennis shoes that can get dirty and wet and bring a towel. *(Limit 12 children per camp)*

Time • 2 - 4pm

Location • KCC

(T) 7/10	\$13	1118.221
(W) 7/11	\$13	1118.222

PRE-KINDER/YOUTH

Day of the Young Child Saturday, June 9th

10am to 2pm

Lake Tahoe Community College - FREE! Early childhood education activities, demonstrations and entertainment for children, provided by community organizations and groups. For more information call (530) 541-5848.

Birthday Parties

Let KCC help you plan, organize and make your child's birthday a special event. Complete our custom party package form and receive a custom quote. At least two weeks advance notice required. For more information call 586-7271.

Zephyr Cove Library

Hours • (W) 11am - 7pm
(Th, F, Sa) 9am - 5pm

Book drop at Kahle, Internet, Wireless, Inter-Library loan, E-books, Audios, DVDs, CDs, Newspapers. For more information call the Library at (775) 588-6411.

Summer Reading Program June 1 - July 21

Dream Big: Read @ Your Library

Read books for prizes. Special programs include: a Teddy Bear (or stuffed animal) overnight at the library, a campfire program, homemade ice cream in-a-can, and a bat program. Call the library for more information, (775) 588-6411.

YOUTH/TEEN

R.A.D. Camp (Recreation Adventure Days)

Grades • 1 - 6

Engaging your child in creative, fun and challenging activities is the goal of our R.A.D. Camp. Activities include cooperative games, unique crafts activities, imaginative play and fun filled trips. Fee includes transportation, admission costs, and daily snacks. Camp is held Monday thru Friday. (Limited enrollment)

Time • 7:30am - 6pm

Location • KCC

(M-F) TBA

\$22/day

Kid's Club Programs Grades K - 6

Registration Begins August 1st

Kids Club Programs are designed to compliment the school schedule by adding recreational activities in a safe and fun environment. Our dedicated staff are there to offer crafts, games, indoor and outdoor play, snacks and homework time.

Kahle Community Center

Early Birds 7 - 8:30am

\$1 drop in per day, school bus pickup.

Zephyr Cove Elementary School

Kinder Kids After Kindergarten - 3pm*

\$10 per day* - Minimum enrollment required.

Kids Club 3 - 6pm*

\$5 per day* - Youth enroll on a monthly basis per published rate schedule.

Climbing Wall at KCC

Play games, problem solve and build strength on our bouldering wall designed for all ages.

Tae Kwon Do

Ages • 7 - 12

Instructors • Chris and Rick Manglinong

Join the fastest growing, most exciting martial art in the world today-Tae Kwon Do! Tae Kwon Do is a centuries old Korean martial art. It emphasizes such fundamental values as courtesy, integrity, self-discipline, and a positive self-image. The powerful techniques taught in the Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.

Time • 6 - 7:30pm

Location • KCC

(W) 5/2 - 5/30

\$20

1409.201

(W) 6/6 - 6/27*

\$12

1409.202

(W) 7/11 - 7/25

\$12

1409.203

(W) 9/12 - 9/26

\$12

1409.301

*No class 6/13, 7/4 • No August classes

Drop-in \$8 per class

July is Parks and Recreation Month - Celebrate at Kahle Community Center

First Aid for Babysitters & Teen Volunteers

Ages • 10 - 15

Make good decisions and solve problems. Keep the children you are supervising safe. This class is interactive and activity based.

Time • 10 - 2pm

Location • KCC

(W) 6/27

\$15

1605.219

**Kahle Community Center
Is a SAFE PLACE
in cooperation with Tahoe Youth
and Family Services.**



Get in the Act! Summer Performing Arts Camp

Grades • 4 - 8

Instructor • Diane Handzel

Let the kids have a Broadway blast this summer in a mini-musical theater camp! In this camp, students will concentrate on Broadway style dance, singing and acting each day. The camp is limited to 12 performing arts students to ensure individual attention. The students will work on an edited version of a musical where each performer gets to shine and apply their skills in a final performance of an adaptation of "Bye Bye Birdie" on the last day of camp for family and friends.

Time • 12:30pm - 3:30pm

Location • KCC

(M - F) 8/6 - 8/10

\$165

1024.201

Final Performance in Tallac Room on Friday at 2:30 pm.

Leaders in Training

Ages • 12 - 17

Not old enough to get a real job yet? Are you looking for a way to make a difference in the community? Leaders in Training work under the guidance of Recreation Staff learning what it takes to be a successful leader. This program places volunteers in positions at various recreation sites including summer camp, preschool programs, and special events being held at Kahle Community Center as well as other activities and programs. Pick up an application packet at KCC. **Return applications to Kahle Community Center by June 8th.**

Totally Active Teens Friday Nights at Kahle Community Center

Grades • 6 - 12

Shoot hoops, play volleyball, arcade games, watch TV or play video games. This is the night for teens to enjoy the Community Center with their friends.

Time • 6:30 - 9pm

Location • KCC

(F) Continuous

Drop-in \$3*

*Free to pass holder



ADULTS



Relay for Life

at Kahle Park on August 11

Be a part of a fun-filled event designed to celebrate survivorship and raise money for research, education, advocacy and service programs of the American Cancer Society. During this event, teams will gather at KAHLE PARK and take turns walking or running laps.

Contact Information • Call 775-828-2214 or go to website: www.relayforlife.org/southtahoenv

Garden Party

Green thumbs wanted! Michelle's garden, dedicated in remembrance of Michelle Croke is located at the entrance of KCC. Would you like to volunteer to enhance and maintain this area? We will supply all tools and gardening supplies. Please call 586-7271 or stop by the front counter.



Attention Program Instructors!

Are you interested in teaching a class or program? Do you have a special skill to share with others? Make a few extra dollars teaching others your skills. Call KCC at 586-7271 or stop by.

We are always here for our community.



Dog Obedience

Instructor • Guy Yeaman

Have you and your canine companion been getting along lately? If you need help in establishing good conduct and curbing bad habits, this course is for you. Guy uses a light-handed approach to help your dog to obey commands: heel, sit, stand, stay and recall. Each dog needs a training collar and a fabric or leather lead. Dogs must be at least four months old. Bring a copy of shot records to the first class.

Time • 7 - 8pm

Location • KCC

(Th) 5/3 - 6/7	\$80	1422.202
(Th) 6/14 - 7/26*	\$80	1422.204
(Th) 8/2 - 9/6	\$80	1422.206

*No class 7/5

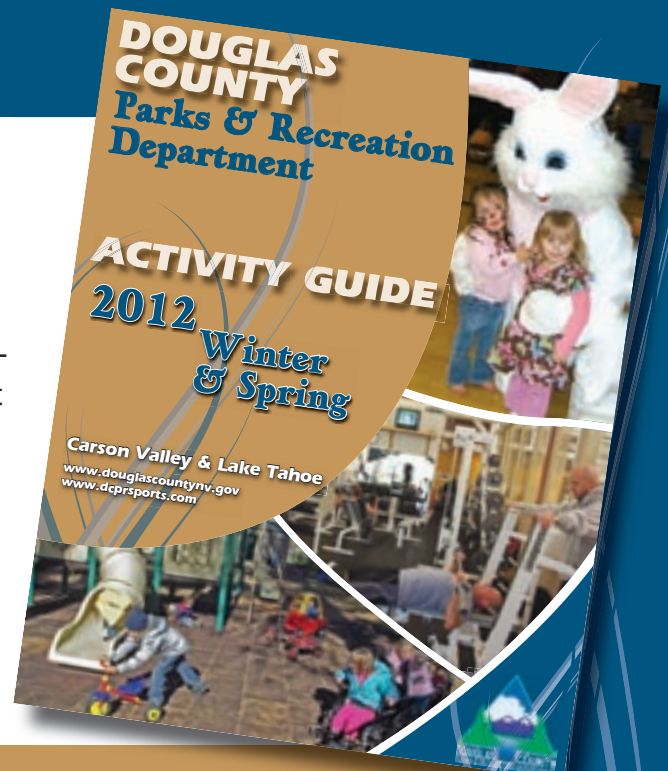
Be part of the next issue of the

Activity Guide

Be part of the next issue of the Douglas County Parks and Recreation Activity Guide! More than 72,000 copies are distributed in both The Record-Courier and Tahoe Daily Tribune, as well as target locations throughout Douglas County each year. Don't miss this opportunity to be a part of this publication! Call your Account Manager today.

775-782-5121

1503 Hwy 395 N., Suite G
Gardnerville www.recordcourier.com



The Record-Courier

ADULT FITNESS



Pilates

Ages • 13 & up **Instructor** • Rose Marie Ottman
Gain strength, flexibility and improve your posture with Pilates mat exercises. This method focuses on core strength to support the low back and improves body awareness, balance and coordination. Joseph Pilates' mindful technique of breathing and muscular control can be applied to sports and daily living. This is a multi-level class – modifications are provided to address individual body issues and abilities. Foam rollers are available for class use on the first Tuesday and Saturday of the month
Time • 10:15 - 11:30am **Location** • KCC (T, Sa) Ongoing \$11/class 1728.201-204
Punch cards: 4/\$35, 8/\$62



Golf at Edgewood

Instructors • Ron Blum & Chris Holmes
Experience Lake Tahoe's premier golf course while you learn to play the game! Instructors will show you basic golf concepts including full swing, short games, putting and golf course rules and etiquette.
Time • 3 - 4:30pm **Location** • EGC (M, W) 5/14 - 5/23 \$75 1719.202



Xer Dance

Instructor • Carol Galbraith
Challenge your body and mind with this new concept in fun exercise. We start with warm-up stretches and learning various types of dance routines in ballet, soft shoe, country line, lyrical and other forms of dance.
Time • 9 - 10am **Location** • KCC (T, Th) Ongoing \$10 1826.201-204
Punch cards: 5/\$40 or 10/\$80 w/ free punch

Personal Training

Being part of a personal training program can create lifelong healthy habits and improve your overall well being. Personal training is provided by training professionals. Personal trainers are available to design and supervise your exercise program. Prices vary. Information is available at KCC front counter.

Jazzercise

Instructors • Sherry Baiocchi, Shannon Shearer
Power and Cardio in one, FUN, effective 60 minutes total body workout. Jazzercise combines dance-based cardio with strength training and stretching to sculpt, tone and burn maximum fat. Each 60 minute class includes a warm-up, 30 minutes of aerobic segment, muscle toning and strengthening using weights and a full body stretch.
(M, W, F, Sa) 8:30am* **Location** • KCC (T, Th) 5:30pm
*Drop-in fee is \$10 per class to instructor. Monthly reduced fees are available. *Class continues at 9am until 5/21.*



MARTIAL ARTS CLASSES

Instructors • Chris and Rick Manglinong

Tae Kwon Do

Ages • 13 & up
Tae Kwon Do emphasizes such fundamental values as courtesy, integrity, self-discipline, and a positive self-image. The powerful techniques taught in the Tae Kwon Do are exciting and a fun way to stay fit, as well as being an excellent form of self defense.
Time • 6 - 7:30pm **Location** • KCC
(W) 5/2 - 5/30 \$30 1409.201
(W) 6/6 - 6/27* \$18 1409.202
(W) 7/11 - 7/25 \$18 1409.203
(W) 9/12 - 9/26 \$18 1409.301

Philippine Stick Fighting Arnis

Ages • 16 & up
Arnis is a blending of the countless styles. Arnis is simple to learn and requires no special conditioning or raw physical strength.
Time • 7:30 - 8:30pm **Location** • KCC
(W) 5/2 - 5/30 \$30 1707.201
(W) 6/6 - 6/27* \$18 1707.202
(W) 7/11 - 7/25 \$18 1707.203
(W) 9/12 - 9/26 \$18 1707.301

*No class 6/13, 7/4 • No August classes
Drop-in \$10 per class*

ACTIVE ADULTS

National Senior Health and Fitness Day

Barton Health & Kahle Community Center
WEDNESDAY MAY 30TH

Barton Health supports Senior Health and Fitness Day with a goodie bag full of outreach materials and gifts.

Seniors use our facility for free all day!

AARP Driver Safety Course

AARP's Driver Safety course (55 ALIVE) will be held from 8:30am to 5pm at Kahle Community Center. The class is a refresher course for drivers age 55 and older with emphasis upon how age-related changes affect driving. The purpose of the class is to help seniors continue to be safe drivers as long as possible. Those who complete the course may be eligible for a discount on their auto insurance. Pre-registration is required.

Time • 8:30am - 1pm **Location • KCC**
(Sa) 5/12 \$14* 1737.201
(Sa) 8/11 \$14* 1737.202

**Fee is paid to instructor at class*

Additional classes in SLT on 6/5 & 8/7.
Call RS Lynn at 530-544-6631 for details.



Tahoe-Douglas Senior Center (TDSC)

TDSC serves Douglas County's senior population residing inside the Tahoe Basin. The Center is located at 885 Hwy 50, next to the fire station on the corner of Warrior Way and US 50, telephone: (775) 588-5140. It is unique among Nevada's senior centers in that it is currently operated solely by volunteers, for which reason it is not open every day. Among the many services and activities TDSC offers are:

- Twice-weekly (Tuesdays and Saturdays) member socializing activities plus afternoon BINGO sessions beginning at 1 PM. Weekly Tuesday/Friday Texas Hold'Em Poker sessions are at 9:30am SHARP, call 530-314-0048.
- Four casino/musical and other outings each year, plus various other group activities such as visits to Apple Hill and to other points of interest such as Thunderbird Lodge, etc.

- A monthly membership luncheon with speaker program at Harrah's (2nd Wednesday of each month.)
- Participation in an annual canned food drive for the needy.
- Collection of "distressed" bakery items from Round Hill Safeway for distribution to members at the center Saturday (AM).
- Distribution of USDA food commodities to those deemed eligible to receive same per USDA's family income criteria (4th Thursday of every other month).
- Monday shopping trips and transport to medical/dental appointments for members aboard one of TDSC's two vans operated by volunteer member/ drivers (members only). TDSC's annual membership fee is a nominal \$10 per person.

ADULT SPORTS

It's Your Turn to Play! Adult Sports

Age • 18 & up

So your vertical isn't what it used to be? But you know you've still got the moves. Enjoy the game in an informal atmosphere. Players of various skill levels are welcome to join in. All participants must be a pass holder to the Community Center or pay the \$7 drop-in fee. Player's must rotate in if more than 2 teams are formed.

Basketball

(M, W, Th) 12 - 3pm **Location • KCC**
(T) 1 - 3pm
(Sa) 12 - 3pm *half court only*

Volleyball

Call 586-7271 to schedule

Please check weekly schedule for any schedule changes or planned programs.

Adult 6 - Man Flag Football League

Registration • Returning teams 5/9 - 5/23
New teams 5/24 until full
Entry Fee • \$250 per team 5037.201
\$100 bond* 5037.203

Dates • Season Starts on 6/13 **Location •** ZCP
Division • Wednesday nights
Maximum of 12 players per team. Completed rosters are due at the first game. No Exceptions. Official's Fee: Each team will be required to pay \$27 cash on the field at the start of each game.

**Bond to be held by DCPRD for the season.*

Zephyr Cove Tennis Club

South Lake's only fully functioning, all age tennis club with programs and events for all ability levels.

- **Available for Adult and Jr. Lessons**
- **Tennis Racket stringing** **Location •** ZCP



SPORTS YOUTH

Baseball Camp

Ages • 8 - 12 (co-ed) **Instructor** • Matt Tillson
This baseball camp is for all levels of baseball players. Camp will include quality instruction on the fundamentals of batting, throwing, catching, pitching, base running and fielding. Campers need to bring a lunch, water bottle, glove & bat each day. Each camper will receive quality instruction, camp T-shirt, new friends, fun and games.

Time • 9:30am - 2pm **Location** • KCP
(M-F) 7/23 - 7/27 \$125 5017.201

***Registration deadline: Thursday, July 12th.**

Please register by deadline date to ensure program taking place.



Maltase Youth Soccer Camp

Ages • 4 - 14 **Instructor** • Steve Maltase,
Whittell High School Varsity Coach
Bring lunch, water bottle, snacks and shin guards.
Cost includes a camp T-shirt.

Lil-Kicks (Ages 4 - 6)

Time • 10am - 1pm **Location** • KCC
(M - F) 7/9 - 7/13 \$125 5016.204
(M - F) 8/6 - 8/10 \$125 5016.205

Ages 7 and up

Time • 10am - 3pm **Location** • KCC
(M - F) 7/9 - 7/13 \$145 5016.206
(M - F) 8/6 - 8/10 \$145 5016.207

Partners in Recreation

Douglas County Parks & Recreation is proud to partner with South Lake Tahoe to host **Hardcore Youth Baseball Tournament coming July 2012!**

The City of South Lake Tahoe Community Services Department provides quality recreation services and programs including year round aquatics programs, NHL regulation size ice arena, 9 hole executive golf course, youth outdoor adventure camps and much more.

For more information on South Lake Tahoe facilities and programs go to www.cityofsl.us/Recreation or call 530-542-6056.



Advantage Basketball Camp

Ages • 6 - 18 (co-ed)

Instructors • Coach Gil Llewellyn & Staff

World-Renowned Advantage Basketball Camps and some of their top coaches will make their annual stop to Lake Tahoe. Camp is available in 2, 3 and 4 day formats. Early bird discount is available as well as group and team discounts for 5 or more campers. Register today at www.advantagebasketball.com or contact Coach Gil Llewellyn at 310-903-6473, or our national office at 425-670-8877.

Time • 9am - 4pm **Location** • KCC
(M - Th) 6/25 - 6/28 \$145 - \$225

For more information,
email: info@advantagebasketball.com

LEARN MORE

Learn more about sports with the Douglas County Parks & Recreation Department at **www.dcprrsports.com**



Youth Sports Organization

The Douglas County Parks & Recreation Department maintains practice and competitive fields used by the Youth Sports Organizations. Questions regarding the sports sponsored by these organizations can be answered by calling the following:

AYSO Soccer

www.sltaiso.com

Youth Ice Hockey

www.staha.com

Pop Warner Football

www.southtahoepopwarner.com

Lake Tahoe Track & Field, Cross Country

www.adsportstahoe.com

Little League Baseball

www.tahoelittleleague.com

Zephyr Cove Ski Club

www.zephyrcoveskiclub.com

"Share Because You Care" Gifts

Your donations help to provide:

- Sponsorship for Youth & Teens • Supplies for Recreation Programs & Special Events
- Equipment for Kahle Community Center • Sports Equipment
- Park Benches • Trees and Shrubs • Field Lighting • Sod for Fields
- Roping Chutes • Build Playgrounds

For more information on how you can help,
call 775-782-9828 Carson Valley or 775-586-7271 Lake Tahoe.

Become a V.I.P!

Volunteer in Parks and Recreation

As a volunteer, you can join us in our mission to provide recreational experiences, promote health and wellness and protect and maintain our parks. If you can fill a need or have a skill to share call 775-782-9828 Carson Valley or 775-586-7271 Lake Tahoe.

Scholarships Available!

We want every child to have the opportunity to participate in recreation activities. Financial assistance is available for many of our programs.

Feedback

How do you like the new look of the Douglas County Parks & Recreation Activity Guide? Is there anything you'd like to see that we've missed? We want your feedback! Email any thoughts or suggestions you have to pkinner@co.douglas.nv.us.

Transportation



Douglas County Dial-A-Ride Service

Dial-A-Ride offers a curb-to-curb shared ride service to eligible passengers that operates Monday through Friday between the hours of 8am to 5pm in most areas of Douglas County. Dial-A-Ride offers two types of service: ADA (must be certified by a physician and scheduled at least 2 weeks in advance with service available on a prescheduled basis. Rides with less than 2 weeks notice will be scheduled based on availability, including same day requests. This service is only open to residents of the Minden and Gardnerville areas. For more information call Dart at 775-783-6456.



Tahoe's Smooth Movin' Shuttle

Ride BlueGO to biking, skiing, hiking, swimming, gaming, shopping, walking, kayaking and sailing! We are your ride for getting around South Lake Tahoe, Camp Richardson, Meyers, Stateline, Zephyr Cove, Marla Bay, Round Hill and Upper Kingsbury. Call 530-541-7149. Visit us online at www.bluego.org for more information.

PHOTOS

Douglas County Parks and Recreation may take photos of participants and facility users. The photos are for department use only and may be used in our Activity Guide and flyers. Please notify the office in writing if you do not wish you or your child to be photographed.

INFORMATION





WALK-IN REGISTRATION

Registration accepted at Lampe Park office, Monday through Friday 8am to 5pm
Kahle Community Center, Monday through Friday 6am to 9pm, Saturday 8am to 6pm

DROP-OFF REGISTRATION

Payments can be dropped off after hours at Lampe Park office in the night drop box by the front door.

MAIL-IN REGISTRATION

Douglas County Parks & Recreation Department, P.O. Box 218, Minden, NV 89423
Kahle Community Center, P.O. Box 5040, Stateline, NV 89449
Make checks payable to (DCPRD) Douglas County Parks & Recreation Department.
Send payment with name of enrollee, program title and code.

FAX OR PHONE REGISTRATION

Lampe Park office - Register by phone using a M/C or Visa by calling 782-9828 or by fax to 782-9844.
Kahle Community Center - Register by phone using a M/C or Visa by calling 586-7271 or by fax to 586-7273.

Advance registration recommended.

Douglas County Parks & Recreation Department Customer Service Locations

Administration Office (Lampe Park Office)
1327 Waterloo Lane
Gardnerville, NV 89410
Phone 782-9828 • Fax 782-9844

Kahle Community Center
236 Kingsbury Grade
Stateline, NV 89449
Phone 586-7271 • Fax 586-7273

SATISFACTION GUARANTEE

The Douglas County Parks and Recreation Department is constantly striving to provide you with the highest quality recreation activities, events, and programs. We are confident that you will enjoy these programs, and we will back up commitment to provide high quality services. Your suggestions, comments or ideas for improvements are appreciated. They will help us do the best job possible.

If you are not completely satisfied, tell us and we will arrange for you to:

1. Repeat the class at NO charge -or-
2. Receive full credit that can be applied to any other program -or-
3. Receive all of your money back.

Satisfaction guarantee requests may be made in person or by calling us at 782-9828. Requests should be made within 5 working days after the first class meeting. Refund checks will be mailed within two (2) weeks.

Please note that due to the nature of the activities, sports leagues, facility rentals, and Kahle Daily Walk-In fees, 30-Day Pass fees and 90-Day Pass fees are not eligible for these refund provisions.

POLICIES

Full credit will be given for cancellation prior to the activity and a \$5 processing fee will be charged. 100% refund if the department cancels. Refunds take approximately two weeks to receive.

Registration will not be accepted by instructors unless noted. The department has the right to cancel classes. Classes may be canceled if under minimum enrollment. Space is limited in most programs. All registrations are accepted on a first-come, first-serve basis.

Participation in Parks & Recreation Department Programs is at Your Own Risk

TO REGISTER

Douglas County Parks and Recreation Department's 2012 GE Family Concert Series

Co-sponosred by Town of Minden & Carson Valley Inn

June 1

Garratt Wilkin & The Parrotheads (Jimmy Buffet Tribute)

Co-sponsor: Dr James the Dentist

"Garratt Wilkin & the Parrotheads" are experiencing an expanding popularity while headlining fairs and festivals in not only his own hometown of Placerville, California, but throughout all of the Western United States, including Alaska and Hawaii, and as far away as Florida, Texas, Vermont, Delaware, Massachusetts, Connecticut and Nashville, Tennessee. Garratt and his band have been billed as the #1 Jimmy Buffett tribute band. Garratt says, "Traveling with 'The Parrotheads' is a great way to meet Jimmy Buffett fans and to make new 'Parrothead' friends. We get such a kick out of performing for fans that become just as much a part of the show as we are."



June 22

Dave Russell (Country Rock)

Co-sponsor: Carson Valley Medical Center

Dave Russell is a "Down home, good ole' boy from North Carolina" who has toured the country performing sold out shows in Nashville, San Antonio, Reno, Biloxi, and all over California. He is now based out of Sacramento, CA loving the sun, fun and making music with his band. The combination of Dave's Southern Inspired, born and bred, "Country-fied" voice and some of the Best Musicians the West Coast has to offer, (they have collectively more than 150 yrs professional playing as full time musicians), will have you up on your feet, out on the floor and screamin' for more!!! From the first note to the last, be prepared to hear fantastic cover tunes by the greats of country music along with Dave's own brand of originals from his Nashville Project soon to be released nationally!! So for "Real Country Music, and Real Good Fun" be sure to check out Dave Russell!!!!



July 20

Imagine (A Beatles Tribute)

Co-sponsor: Americans for Prosperity

Remembering the Fab Four! That's what this Beatles tribute band is all about. The four lads joined in 1993 and have performed more than 800 shows across the United States and abroad. Over the years the group has had the privilege of sharing the stage with such notable acts as the Beach Boys, Jay Leno, Chicago, Glen Campbell and more! Don't miss this wonderful performance. A evening with Imagine is truly an opportunity to "Come Together."



August 3

Renegade (Tribute to Styx & Classic Rock)

Co-sponsor: Starbucks Roasting Plant & Distribution Center

A Renegade show is simply the ultimate live experience for the classic rock enthusiast. With big rockers personality and a penchant for soaring power ballads, Renegade delivers rock solid performances reminiscent of the big stadium shows for the late "70" and early "80's". The band, now in their third year, has received wide acclaim wherever they have played. Renegade remains true to accurately recreating the music of STYX plus all the great rock classics including covers from Journey, Kansas, Edgar Winter, REO Speedwagon, Boston, Doobie Brothers and much more.



August 24

Shane Dwight (Blues)

Co-sponsor: Edgewood Companies

Shane Dwight is a charismatic and supremely talented guitarist, soulful vocalist, prolific songwriter and one of the brightest young up-and-coming stars on the rock/blues scene today. In the last two years, the Shane Dwight Band has been catapulted to the forefront of the West Coast Blues Scene. Shane Dwight has appeared at prestigious concerts such as the Monterey Blues Festival, Reno Blues & Brews Festival, Portland Oregon Waterfront Blues Festival and San Francisco Jazz Festival. These are just a few of the entities that recognize and appreciate the potential of Shane and his band and are expecting great things in their future. Shane and his band are getting rave reviews for every performance they play.



All Concerts are from 6:30 to 8:30pm with the exception of August 24th which will be held from 6:00 to 8:00pm. All concerts are free of charge due to the generous contributions of local businesses and organizations. Food will be available to purchase by the Lions Club.

Thanks to our Sponsors: * GE Energy * Town of Minden * Carson Valley Inn * Dr James the Dentist * Carson Valley Medical Center * Esmeralda Farmers Market * Edward Jones * Americans for Prosperity * Starbucks Roasting Plant & Distribution Center * Sullivan Law * Wells Fargo Advisors, LLC, Member SIPC * Nevada John * Tahoe Creamery

Home of:



CHAPPELL RANCH LLC

Safe, Fun, Educational Horsemanship

Wild Willy's Horse Camp

- * Year-round Programs
- * Week-long and Weekend Camps; Day Programs
- * Kids ages 6 and up, including teens

KinderPonyPlay

- * Children ages 4, 5, & 6 learn beginning horsemanship and riding skills

KinderRanch

- * Kids ages 4, 5 and 6 learn about life on a ranch
- * Goats, Chickens, Sheep, Pigs and Cows

Group and Private Lessons; Adult Programs; Special Interest Groups; Girls Scouts; Special Events; & Birthday Parties

Equine-Assisted Learning

- * Life Coaching sessions for adults, groups, businesses, and kids with the help of the horse.

Chappell Morgan Horses

Contact: Kim Chappell 775-265-6483
www.chappellranchllc.com • kkc827@aol.com
531 Centerville Lane • Gardnerville, NV

